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## PERSISTENT SMOKER ADVISED ON HAZARDS

WASHINGTON, Sept. 16 (AP)

— Conceding today that mil-

lions are not going to stop

smoking, the Government is-

sued for the first time guide-

lines to help those who use

cigarettes to lessen the perils

that officials believe they face.

A pamphlet entitled "If You

Must Smoke" was issued by

the United States Public Health

Service in behalf of its Na-

tional Clearinghouse for Smok-

ing and Health.

While the pamphlet addresses

itself mainly to those who con-

tinue smoking, it reports that

the first time we have publicly,

about 1.5 million Americans in this way, tried to get people

give up the habit each year to cut down."

and insists, "Anything short of  
quitting is a compromise."

But it acknowledges that tens  
of millions of Americans are

either unwilling or unable to  
give up the habit. For them,

it offers the following sugges-

tions:

☞ Choose a cigarette with less

tar and nicotine.

☞ Don't smoke your cigar-

ettes all the way down.

☞ Take fewer draws on each

cigarette.

☞ Reduce your inhaling.

☞ Smoke fewer cigarettes each

day.

Most of the efforts by the

clearinghouse have been aimed

at getting people to quit smok-

ing.

A spokesman said: "This is

the first time we have publicly,

about 1.5 million Americans in this way, tried to get people

give up the habit each year to cut down."

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